

MONTHLY SORTIE GOALS	
861st Airborne Air Control Squadron	
Monthly flying-hour contract	130.9
Hours flown	52.5
Monthly offset	-77.1
905th Air Refueling Squadron	
Monthly flying-hour contract	451.0
Hours flown	495.5
Monthly offset	44.5
67th Fighter Squadron	
Monthly sortie contract	530.4
Sorties flown	434.8
Monthly offset	-95.6
48th Fighter Squadron	
Monthly sortie contract	388.8
Sorties flown	326.3
Monthly offset	-62.5
33rd Rescue Squadron	
Monthly flying-hour contract	299.0
Hours flown	229.5
Monthly offset	-69.5

Source: 18th MOS/MXOOP, as of Nov. 27

THE

KADENA

SHOGUN

Vol. 20, No. 46

Kadena Air Base, Japan

Friday, Dec. 2, 2005

WEEKEND WEATHER

TODAY: Mostly cloudy
NE winds @ 12-18 knots
High: 72 Low: 55

SATURDAY: Mostly cloudy
with evening rain showers
E/SE winds @ 12-18 knots
High: 70 Low: 55

SUNDAY: Mostly cloudy
NW winds @ 15-25 knots
High: 68 Low: 59

FRIDAY MORNING'S
COMMUNITY BANK
EXCHANGE RATES

BUYING: \$1=\$119 SELLING: ¥123=\$1

Getting through tough times

Vietnam vet explains how he overcame darkest hours

By Staff Sgt. Jason Lake
18th Wing Public Affairs

"Whenever you feel like you can't go on, I want you to think about me," a disfigured combat veteran told a crowd at Kadena's Keystone Theater Wednesday.

On July 26, 1969, Petty Officer 2nd Class Dave Roever was manning his gun on a patrol boat in the Mekong Delta of Vietnam.

As his boat approached a hostile area, Roever was shot at by a Vietnamese sniper. At the same moment the sniper pulled the trigger, Petty Officer Roever was tossing a phosphorous grenade to clear some brush. The sniper's bullet hit the grenade and it exploded six inches from his face. The phosphorus burned all the way down to the skull on most of the right side of his face.

By the time he arrived at a field hospital, more than 50 percent of the Sailor's skin was burned off his body. Even medics aboard the helicopter presumed him dead. He had to scream to get their attention. Weeks later, the patient asked doctors for a mirror to see the condition of his face.

"That was the most difficult day of my life," Mr. Roever, now a retiree, explained. "I could see part of my skull, my head was swollen to my shoulders,



Air Force/Staff Sgt. Chyrece Campbell

Tech. Sgt. Charmell Mitchell, 18th Logistics Readiness Squadron, shakes the hand of veteran Dave Roever after his motivational speech to the troops at the Keystone Theater on Wednesday.

and I could see some of my organs moving with each heart beat."

While in the hospital, Mr. Roever's emotions hit rock bottom, and he tried to kill himself by pulling out his feeding tube, but failed.

"I didn't want my wife to have the burden of staying married to a disfigured man," he explained.

But when the doctors brought his 19-year-old wife to see him, she whis-

pered, "I love you Dave, welcome home," and kissed him.

After returning home, it took years for Mr. Roever to get used to overhearing rude comments, but eventually he changed his outlook on life. After Sept. 11, 2001, Mr. Roever started talking to the military community at home stations and at deployed locations such as Balad Air Base, Iraq.

Mr. Roever shared his story with

more than 120 people at Kadena during the first of two presentations. The 59-year-old old Fort Worth, Texas native told Airmen, Marines and civilian employees that no matter how bad a situation seems, there is always something worth living for.

Mr. Roever explained that his strength comes from family, friends and faith.

He also said military members could face many difficult challenges - especially during deployments - whether it's marital stress, losing a limb in combat or worse. But even under the direst of circumstances, such as sustaining burns to more than 50 percent of your body, there's always something to look forward to in the end.

"I'm happy to be alive so that I could be a grandfather," Mr. Roever said. "No matter what happens in your life, don't give up."

He fought back tears as he told a reminiscent story about his granddaughter sitting on his lap, touching his face and singing "You Are So Beautiful to Me."

Senior Airman Amanda Tokarz, 18th Operations Support Squadron, said she was moved by what Mr. Roever had to say. "It was really interesting to get his perspective on life and hear how someone could overcome something so traumatic," she said.

Tinsel Town kicks off tonight

Compiled by staff reports

Kadena's holiday celebration kicks off today with the Tinsel Town parade down Douglas Ave. followed by the annual tree lighting ceremony outside the Schilling Community Center.

The annual 18th Services Squadron-sponsored event includes a myriad of activities for the entire family and takes place at the community center Friday evening and throughout Saturday.

"This is a wonderful family event that we hope adds to everyone's holiday spirit," said Tracy Thomas, Schilling Community Center programs manager. "We'll have tons of great games, delicious food, terrific giveaways, wonderful holiday entertainment, and, of course, Santa."

Friday night's entertain-

ment line-up includes youth sports cheerleading teams, DJ holiday music, door prizes, and music from a local band. Saturday will be filled with musical performances by local school children, holiday-themed family games, more music and giveaways.

Throughout the event there will be games such as "digi" basketball, ring toss, a kiddie plane and train, bouncers, can smash, crazy ball and holiday craft tables. All bouncers, crafts, and rides will be free, said Ms. Thomas.

The holiday parade begins in front of the O'Connor Gym at 5 p.m., proceeds east on Douglas Ave., turns right on LeMay St. and concludes at the community center. The tree lighting will take place at 5:30 p.m. after the parade.

Serving Airmen



Air Force photos by Staff Sgt. Chyrece Campbell

Lt. Col. Gary Henderson, 33rd Rescue Squadron commander, hands Airman 1st Class Zack Raahauge a plate full of food during the Marshall Dining Facility Thanksgiving Day meal. More than 75 commanders, chiefs and first sergeants participated in the holiday food service.



Teamwork...it's what we're all about

By Lt. Col. Roberto Guerrero
961st Airborne Air Control
Squadron commander

When I see my squadron's aircraft takeoff for a mission, I'm amazed by our ability to put all the pieces – the crews, the aircraft systems, the support facilities, and the personnel – together to generate a sortie.

How does it happen? Teamwork.

All across the base, folks from different career fields combine their efforts to make our wing the most effective base in the Pacific. From the maintainer who tirelessly works on aircraft day after day, to the loggie who makes the extra effort ensuring the timely processing of critical cargo for shipment to an exercise, to the services troop who works after hours organizing teams for your children's sports league. Airmen give it their all to "win one for the team."

So, how does it work? What's the secret to successful

teams? Here are a few traits that I have noticed in successful teams:

First - leaders need to be enthusiastic. It's contagious. You can start by looking at the problems that need to be solved, and use that success to forge the cohesiveness that a unit needs to take on the tougher problems. Don't forget that positive reinforcement works wonders. Enthusiastic feedback from peers, superiors or subordinates inspires members to contribute more to the team.

Second - develop a sense of urgency in your team. Each task needs to be aggressively tackled. Team members need to feel that that they have a task that is urgent and worthwhile.

Next - set easily understood rules of behavior for your team. There can be no finger pointing – problems that arise need to be dealt with without blaming individuals. There should not be any "sacred cows." I often remark that there's nothing that we do that we're so proud

of that we can't change it to make it better.

All avenues of tackling the problem need to be considered. Remember that information gathering is important – no matter how much you think you know about the task. Leadership needs to encourage productive participation of all members, through sharing of past experiences, contributing to the decision making process, and making an imposed decision work.

Remember to keep your team members informed of new events.

Challenge your team with fresh facts and information that may have not existed when you started the task. New information causes a team to redefine and enrich its understanding of the objectives, thereby helping the team to set clearer goals.

Teams need to spend time together. Morale increases through many forms – symbols, events, and support to your family during stressful times. Teambuilding "forced

fun" doesn't have to be that way. Creative insights as well as personal bonding require unscripted and relaxed interaction.

In addition to the "Do's" of teambuilding, remember there's one thing that needs to be avoided. Don't let your team become closed and precious – and out of touch with the rest of the organization.

Although your team might have a number of goals, the main one must stand out. To be "ready when our nation calls," means that all of our teams work together to make sure each one is ready. In the words of the theologian H.E. Luccock, "No one can whistle a symphony. It takes an orchestra to play it."

Whether you consider yourself a leader or a member of the team, we can all be proud of our wing's recent performance. So the next time you see an aircraft takeoff at Kadena, think of the outstanding teamwork that happens every day from all of our organizations on base.

ACTION LINE

E-mail: 18wg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jous
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it.

Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

School gates

I would like to first thank you and Kadena's security forces for the current availability of Gate 5 during school hours. I have one concern. I have children in Bob Hope Elementary and Amelia Earhart schools. School officials make it very clear that they do not want the children on campus before 8:30 a.m. because of lack of supervision. Gate 5 closes at 8:30 a.m. I would greatly appreciate your consideration for the gate to remain open for several minutes longer in order to get our children there between 8:30 and 8:45 a.m. when the last bell rings. This would also allow those of us who live near the gate to depart from the gate. I addressed this issue with several officials and called the law enforcement desk concerning the matter. The person I spoke with said the gate was going to be left open until 8:45 a.m. However, they said it was "not official" and today I came to the gate at 8:34 a.m. and it was locked.

Thank you for your time.

Thanks for your e-mail regarding procedures for entering Gate 5 on

school days. We continuously monitor traffic flow for force protection and traffic safety, and after considering your suggestion and some feedback from the schools, we decided to extend Gate 5 hours in the morning by 15 minutes.

Gate 5 will be open Monday through Friday for inbound and outbound traffic at the following times: 6:15 to 6:45 a.m. for all traffic; 6:45 to 8:45 a.m. for all outbound traffic, inbound school buses and carpools only (two or more people); and 1:30 to 4:45 p.m. for all traffic.

These operating hours will ensure that we won't have to make last minute changes should FPCONS increase.

Although I would like to have all Kadena gates open at all times, current force protection requirements and Security Forces manning are such that we do not have the personnel necessary to man all gates for 24/7 access.

If you have any other questions regarding Kadena gate procedures, please contact Senior Master Sgt. Phil Dawson, at 634-0714.

Thank you again for your concern.

Don't drink
and drive
It has been...

5 days

since the last DUI arrest on Kadena.
60 days = 18th Wing "Down Day"



18th Wing Commander.....Brig. Gen. Jan-Marc Jous
Public Affairs Chief.....Lt. Col. Michael Paoli
Deputy Public Affairs Chief.....Capt. Carlos Diaz
PA Superintendent.....Senior Master Sgt. Ken Fidler

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For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil.

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SHOGUN WARRIOR OF THE WEEK



Tech. Sgt. Richard E. Mathis
Unit: 18th Wing safety, flight safety NCO
Hometown: Villa Rica, Ga.

Reason for nomination: Tech. Sgt. Mathis hit the ground running by completely updating the flight safety publication library. He also managed the flight safety spot inspection program and tracked 100 percent safety investigation recommendations for the 18th Wing while 50 percent of the office was deployed.

Time at Kadena: 1 year and 2 months.

Editor's note: Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

DON'T DRINK AND DRIVE: Did you know? Each year in the U.S. about 1,900 people under 21 die in motor vehicle crashes that involve underage drinking. About another 500 people over age 21 also die in these crashes.

TMDE CLOSURE: The 18th Component Maintenance Squadron Test Measurement and Diagnostic Equipment flight (also known as "PMEL") will close Dec. 9 at 2 p.m. For emergency calibration, call the 18th CMS production supervisor at 632-9173 or the Maintenance Operation Center at 634-4139. Normal business hours will resume Dec. 12 at 8 a.m.

MEDICAL GROUP CLOSURE: All 18th Medical Group clinics and ancillary services will be closed for the holidays and command family days Dec. 23-26 and Dec. 30-Jan. 2. For emergencies call 911 or visit the Camp Lester U.S. Naval Hospital emergency room. For urgent concerns, contact the on-call provider by calling the Okinawa Clinical Answering Service at 643-4245.

TRASH TIP: The following materials can be safely flushed down the drain with plenty of water: Window cleaner, hair relaxers, expired medicine, lye-based paint stripper, aluminum cleaners, disinfectants, permanent lotions, water-based glue, ammonia-based cleaners, photographic chemicals, rust remover and tile cleaner.

ENERGY CONSERVATION TIP: Outside lights in base housing should remain off during daylight hours. During the holiday season, outside lighting should not be left on throughout the night. Turn off by 10 p.m.

SERVICES SURVEY: Headquarters Air Force Services will be conducting a customer feedback survey to assess satisfaction with services programs. The response from the survey will help drive policy and program decisions. This year's survey is due to

Concert for Katrina victims



Air Force/ Staff Sgt. Chyrece Campbell
Takeaki Toma, left, and Staff Sgt. Tina Davis, 18th Medical Support Squadron, applaud after a performance during a free charity concert sponsored by the Okinawa City Junior Chamber of Commerce to benefit the victims of Hurricane Katrina Saturday at the Plaza House Shopping Center. A variety of Japanese jazz and blues bands performed. Part of the proceeds from the food sales are to be donated to a hurricane relief fund.

arrive at Kadena in mid-December. Base members will be chosen randomly to participate. Services officials here ask that everyone selected complete the survey and return it in the envelope provided. For more information, contact Bonnie Runge at 623-6217.

SPEED LIMIT CHANGE: The speed limit on Douglas Ave. between McKennon and Schreiber Avenues (from the Kadena Housing Office to Chili's) has changed from 60 to 50 kilometers per hour.

FAMILY READINESS FAIR: The Kadena Family Support Center hosts a family readiness fair Dec. 9 from 3 to 5 p.m. at the Schilling Community Center for

families of Airmen tasked to support Air Expeditionary Force deployments 9/10. Some of the helping agencies that will be represented include Department of Defense Dependent Schools, the American Red Cross, Life Skills Support Center, Health & Wellness Center, the chaplain and finance offices. For more information, contact the FSC at 634-3366.

DEPLOYMENT SEMINARS: Seminars for Airmen tasked to support Air Expeditionary Force 9/10 deployments take place today at 1 p.m. and again Dec. 9 at 9 a.m. in the Keystone Theater. The seminar will provide attendees with information about deployment reporting instructions, mobility bags, required immunizations, pre-exposure

and decompression, and services available to deployers and spouses. For more information contact Maj. Anthony Anaya at 634-0001.

DIRECT TO HOME APPLICATIONS: Applications for American Forces Network's free direct-to-home satellite system are available online at www.kadena.af.mil. Off-base residents must first get approval from their housing agency before applying for and installing the new system, available Dec. 3. Applications can either be e-mailed to FMO@kadena.af.mil, or dropped off at the Department of Defense Family Housing customer service desk in Building 217.

GATE 3 ROAD WORK: Repaving work is scheduled for Highway 74 in front of Gate 3 today through Sunday and Dec. 12-16 during the day. The work includes repaving large areas right up to the base property line. As many as two inbound, then two outbound lanes may be closed for 2-5 days.

SMOKE DETECTORS: Dormitory residents with faulty smoke detectors should call 634-2424. Military family housing residents with faulty smoke detectors should call 634-HOME to have the detectors repaired.

SPOUSE ORIENTATION: The Kadena Family Support Center sponsors the Heartlink Air Force Spouses Orientation Dec. 13 at the Schilling Community Center from 8 a.m. to 2 p.m. Heartlink is designed to introduce Air Force spouses to valuable tools for use in successfully adapting to the military lifestyle. Catered breakfast and lunch will be provided, along with free childcare, door prizes, and a spouses coin. Call 634-3366 to sign up.

HOLIDAY MAILING INFO: Below are the upcoming holiday mailing deadlines:

- First class letters and cards, today.
- Express mail, Dec. 14.

The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ The number of Okinawa residents infected with HIV increased by 12 between January and September—the largest increase ever—according to Okinawa Prefectural Government officials. A total of 46 HIV-positive and 36 AIDS cases currently exist on Okinawa. Sixty five percent of those infected are under age thirty and 85 percent are male.

□ The Chairman of the Japan Garrison Forces Labor Union met with the Okinawa Prefectural Government Director of Tourism, Commerce and Industry to request that the government secure employment for Japanese base employees prior to U.S. military transformation on Okinawa. Approximately 4,300

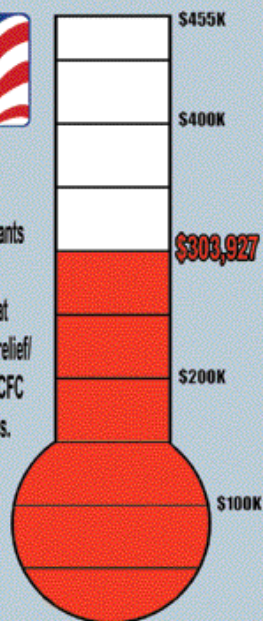
employees could be affected from the realignment of Marine Corps Air Station Futenma. "Employment of Japanese base employees was left out of the U.S. military transformation talks," said the chairman. "If measures aren't taken, massive unemployment will occur, causing immeasurable impact to Okinawa's economy."

□ Water reserves in Okinawa are well below normal levels because of the lack rainfall in past months. Reserves at six dams stand at 64 percent. Though the Okinawa Liaison Council for Water Shortage is not planning to call for water conservation, they will consider a timeline to implement future rationing.

□ Dr. Robyn Lim, a professor from Nanzan University in Aichi Prefecture, met with the media Monday and discussed the importance of Okinawa and stressed the need for the U.S. military presence. "It will be difficult to achieve stability in East Asia without bases in Okinawa," she said. "Okinawa cannot escape from its strategic importance. Should the U.S. military withdraw, China will probably turn to nuclear weapons in order to not [be threatened by] Japan."



Only two weeks remain for this year's Combined Federal Campaign. This year, participants have the option to donate to hurricane relief efforts listed at www.cfcoverseas.org/katrinarelieff/index.php. Contact your unit CFC representative for more details.





Air Force/Staff Sgt. Chyrece Campbell

Airmen from the 18th Civil Engineer Group wearing the new Air Force physical training uniform do pushups during a physical fitness training session Wednesday at the Risner Fitness Center. The group trains every week at 6:30 a.m. starting with warm-up exercises, calisthenics, a 5-kilometer run.

Air Force sets physical training uniform wear date

RANDOLPH AIR FORCE BASE, Texas — The Air Force Uniform Board established an Oct. 1, 2006, mandatory wear date of the physical training uniform, or PTU, for unit fitness activities.

The board also released additional guidance for Airmen wearing the uniform for personal workouts.

All Airmen must comply with tattoo and jewelry standards as stated in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

Female Airmen exercising in the PTU may wear their hair free of pins or other accessories normally required to meet uniform standards.

Also, there is no mandated maternity uniform while participating in formations or unit activities.

The mandatory wear date of the physical training uniform is Oct. 1, 2006.

The Air Force created the PTU to support unit cohesion and present a professional, standardized image.

Commanders will determine what uniform items — which consist of a jacket, pants, shorts and T-shirt — Airmen will wear during unit fitness events.

The uniform board is working on optional items including a long-sleeve shirt, sweatshirt and another style of running shorts.

For more information, Airmen should contact their commander's support staff, military personnel flight or personnel office at deployed locations.

Courtesy of Air Force Personnel Center

Wearing the new Air Force training gear

Airmen may wear the PTU during personal workouts given the following conditions:

- T-shirts may be worn out or tucked in.
- Jackets may be zipped, unzipped and worn with civilian clothes.
- Black or navy blue leggings or stretch shorts may be worn under the uniform shorts.
- White socks of any length and small conservative trademarks are authorized.
- Any athletic shoes may be worn.
- Safety items such as reflective belts, camel backs and fanny packs are authorized.
- Hats or knit caps are authorized provided they meet military image requirements.
- Headphones are still authorized.
- Bandanas and other similar head scarves are not authorized unless Airmen have a medical waiver.
- Saluting is not required.
- Installation commanders may restrict wear to support unit cohesion and present a professional, standardized image during organized fitness events, and can further limit wear if deemed necessary for safety or operational reasons.

Postal specialists deliver just in time for the holidays

(Clockwise from top)

INVENTORY: Staff Sgt. Mark Burleson, 18th Communications Squadron, tallies the mail as it comes in to the Kadena Post Office. More than 10,000 letters, 5,000 packages and 4,000 magazines are handled daily by the postal service center workers during the holiday season.

BOXES: Tech. Sgt. Brian Barlow, NCO-in-charge of programs and plans, 18th CS, carries boxes to the conveyor belt for shipping out to various locations.

LIFT: 2nd Lt. Khalil Sharif, a postal volunteer, finds a space on the top shelf to store a care package.

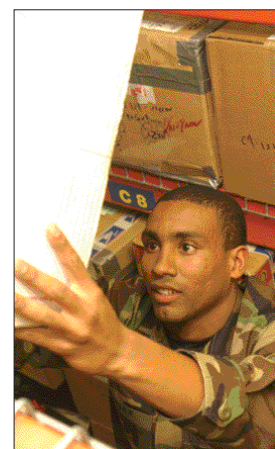
SORT: Maureen Arceneaux, a postal volunteer, places a magazine inside a mail box.

PACKAGE: Airman 1st Class Takeisha Cotton, postal specialist, 18th CS, readies a package for delivery.

STAMP: Tsuyoshi Tsuha, mail sorting clerk, 18th CS, labels a package with proper shipping information.



Air Force photos by Staff Sgt. Chyrece Campbell



Today

BANYAN TREE: Studio A.R.T. Virus from 10 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Top 40 Virus from 10 p.m. to 3 a.m.
 • Social Hour from 6 to 8 p.m.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
 • Free bowling for youths ages 9-18 from 2:30 to 5:00 p.m.
ITT TOURS: Golf at Bell Beach. For more information call ITT at 634-4322.
ROCKER NCO CLUB: Best of the 80s and 90s in the lounge from 9 p.m. to 3 a.m.
 • Deja Vu Hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.
KADENA MARINA: Wishbone sale. All merchandise will be 10 to 20 percent off. Air Force Club members will receive additional discounts.
 • Night dive with Brian Parker. Call the Scuba Locker at 634-6344 for details.

Saturday

BANYAN TREE: Latin, salsa, and reggae from 10 p.m. until close in the ballroom.
 • Hip hop from 8 p.m. to close in the lounge.
 • Super ladies night from 12 to 3 p.m. in the ballroom.
EMERY LANES: Youth and adult tournament begins at 12:30 p.m. For more information call 634-2290
ITT TOURS: Shopping on Kokusai Street and Hearts Apart Ribbon Tour. For more information call ITT at 634-4322.
ROCKER NCO CLUB: Rocker Smooth Mixes and Jazz Variety Hits in the lounge from 7 p.m. to close.
 • Top 40 variety from 7 p.m. to close.
COMMUNITY CENTER: American-style giant yard sale from 8 a.m. to noon. Open to all ID card holders and authorized guests.
 • Home-based business Holiday Bazaar from 9 a.m. to 3 p.m. Spots available to vendors on a first-come, first-served basis for \$15.

Sunday

BANYAN TREE: Juke Box Jams from 7 to 10 p.m.
ROCKER NCO CLUB: Jazz from 5 to 8 p.m. in the lounge. Old and new variety music from 8 p.m. to close.
ITT TOURS: In the Middle of It All Northern Battle Sites Tour. For more information call ITT at 634-4322.
EMERY LANES: Family Day from 8 a.m. to 11 p.m. Games are \$1.00 each.



Air Force photos by Staff Sgt. Chyrece Campbell



Urashima Dinner Theater

Traditional Okinawan dancers performed for more than 20 military families during the Urashima Dinner Theater Tour Nov. 10 sponsored by Kadena Information Tickets and Travel. Spectators took souvenir photos with the dancers, after eating a five-course meal and enjoying nine different dance performances. The next Urashima Dinner Theater will be Dec 9. For more information contact Kadena ITT at 634-4322.

COMMUNITY CENTER: DVD and video swap from noon to 2 p.m. Only pre-owned movies may be sold.

Monday

BANYAN TREE: Juke Box Jams from 7 p.m. to close.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Classic to modern rock music selections from 7 to 11 p.m.
ITT TOURS: Winter Wonderland Ice Skating. For more information call ITT at 634-4322.
EMERY LANES: Free bowling for youths ages 9-18 from 2:30 to 5:00 p.m.
WEEKENDER LOUNGE: Officers Club members ages 20 and older can win between \$500 and \$1,000 during the Daily Club Card Drawing at 6 p.m.

Tuesday

BANYAN TREE: Football Frenzy from 7 p.m. to close.
 • Pool tournament begins at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: Okinawa Craft Exploration Tour. For more information call ITT at 634-4322.
ROCKER NCO CLUB: Football Frenzy from 7 to 11 p.m.
EMERY LANES: Free bowling for youths ages 9-18 from 2:30 to 5:00 p.m.
WEEKENDER LOUNGE: Officers Club members ages 20 and older can win between \$500 and \$1,000 during the Daily Club Card Drawing at 6 p.m.

Wednesday

BANYAN TREE: Ladies Night from 8 to 11 p.m.
 • Dart Tournament begins at 7 p.m. For more information call

the Banyan Tree at 634-0644.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Jazz from 5 to 8 p.m.
 • Ladies Night from 8 p.m. to close.

ITT TOURS: Udui Theater and Naha Shopping. For more information call ITT at 634-4322.
EMERY LANES: Free bowling for youths ages 9-18 from 2:30 to 5:00 p.m.
WEEKENDER LOUNGE: Officers Club members ages 20 and older can win between \$500 and \$1,000 during the Daily Club Card Drawing at 6 p.m.

Thursday

BANYAN TREE: Country music with line dance lessons at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: Central 100 Yen Shop Exploration Tour. For more information call ITT at 634-4322.
ROCKER NCO CLUB: Reggae music and karaoke begin at 5 p.m. until close.

Dec. 9

BANYAN TREE: Top 40 Virus from 10 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: Urashima Dinner Theater. For more information call ITT at 634-4322.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
ROCKER NCO CLUB: Deja Vu hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.

Dec. 10

BANYAN TREE: Latin, salsa, and reggae from 10 p.m. until close in the ballroom.
 • Hip hop from 8 p.m. to close in the lounge.
ITT TOURS: Battle of Okinawa Tour. For more information call ITT at 634-4322.
OFFICERS CLUB: Handsome Stranger live band performs in the Weekender Lounge starting at 8 p.m.

ROCKER NCO CLUB: Top 40 variety from 7 p.m. to close in the Reflections Lounge.
SCHILLING: Free Bingo Event starting at 7 p.m.

Dec. 11

BANYAN TREE: Juke Box Jams from 7 to 10 p.m.
EMERY LANES: Family Day from 8 a.m. to 11 p.m. Games are \$1.00 each.
ROCKER NCO CLUB: Best of old and new variety from 7 p.m. to close.
ITT TOURS: Tunnel Rats Tour and Relaxing day at Loisir Hotel. For more information call ITT 634-4322

Dec. 12

BANYAN TREE: Juke Box Jams from 7 p.m. to close.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Classic to modern rock music selections from 7 p.m. to 11 p.m. in the Reflections Lounge.
ITT TOURS: Sunshine Town and Kasuri Studio Tour. For more information call ITT 634-4322

Dec. 13

BANYAN TREE: Football Frenzy from 7 p.m. to close.
 • Pool tournament begins at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Football Frenzy from 7 to 11 p.m.

Dec. 14

BANYAN TREE: Ladies night from 8 to 11 p.m.
 • Dart tournament at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Jazz from 5 to 8 p.m.
 • Ladies Night from 8 p.m. to close.
ITT TOURS: Tea ceremony. For more information call ITT at 634-4322

Dec. 15

BANYAN TREE: Country music from 7 p.m. to 1 a.m. Country dance lessons are available at 7 p.m.

• Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Reggae in the lounge from 5 to 7 p.m.

Dec. 16

BANYAN TREE: Reggae beats from 10 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Latin, salsa and reggae music from 10 p.m. to close.
 • Social Hour from 6 to 8 p.m.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
ROCKER NCO CLUB: Deja Vu hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.
ITT TOURS: Churu-U Bath House Tour. For more information call ITT at 634-4322

Dec. 17

BANYAN TREE: Latin, salsa, and reggae from 10 p.m. until close in the ballroom.
 • Hip hop from 8 p.m. to close in the lounge.
EMERY LANES: Bowling tournament begins at 7 p.m. For more information call 634-2290
OFFICERS CLUB: Handsome Stranger live band performs in the Weekender Lounge starting at 8 p.m.
ROCKER NCO CLUB: Top 40 Variety Mixer from 7 p.m. to close in the Reflections Lounge.

MOVIES

Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.

* First Run shows are marked by an asterisk.

Keystone Theater

- ▲ Today.....*Chicken Little, G, 6pm.
- *Walk the Line, PG-13, 9pm.
- ▲ Saturday...*Chicken Little, G, noon.
- Greatest Game Ever Played, PG, 4 p.m.
- *Walk the Line, PG-13, 7 p.m.
- ▲ Sunday.....*Chicken Little, G, noon.
- Greatest Game Ever Played, PG, 4 p.m.
- *Walk the Line, PG-13, 7 p.m.
- ▲ Monday.....*Chicken Little, G, 7 p.m.
- ▲ Tuesday.....*Walk the Line, PG-13, 7 p.m.
- ▲ Wednesday... Cancelled
- ▲ Thursday... Cancelled

Butler Theater

- ▲ Today..... Chicken Little, G, 1 & 4 p.m.
- Red Eye, R, 7pm.
- Exorcism of Emily Rose, PG-13, 10pm.
- ▲ Saturday... Chicken Little, G, 1 & 4 p.m.
- Cry Wolf, PG-13, 7pm.
- Exorcism of Emily Rose, PG-13, 10pm.
- ▲ Sunday..... Chicken Little, G, 1 & 4 p.m.
- Corpse Bride, PG-13, 7 p.m.

C H A P E L

Catholic

- ▲ Monday through Friday: Mass, Chapel 2, noon.
- ▲ Saturday: Confession, Chapel 2, 3:30 to 4:30 p.m.
- Vigil Mass, Chapel 2, 5 p.m.
- ▲ Sunday: Mass, Chapel 3, 8:45 a.m.
- Mass, Chapel 1, 12:30 and 5 p.m.

Protestant

- ▲ Wednesday: Bible Study, Chapel 2, 7 p.m.
- ▲ Sunday: Inspirational, Chapel 2, 8:30 a.m.
- Liturgical, Chapel 3, 8:45 a.m.
- Evangelical, Chapel 1, 9 a.m.
- Traditional, Chapel 2, 10:30 a.m.
- Gospel, Chapel 3, 10:30 a.m.
- Sunday school, Bldg. 327, 8:45 & 10:45 a.m.
- ▲ Hindu service: Mondays, Chapel 1, noon.
- ▲ Eastern Orthodox services: Call 645-7486
- ▲ Jewish services: Call 637-1027
- ▲ Islamic services: Call 636-3219



Air Force photo by Staff Sgt. Chyrece Campbell

Senior Master Sgt. Lori Washington, right, serves Staff Sgt. Kendrick Walker (left) and Airman 1st Class Michael Moore turkey on Thanksgiving Day. Sergeant Washington opened her home to fellow Airmen for a home-cooked meal during the holidays. Fitness experts say eating traditional holiday meals can be challenging for people trying to keep their weight down.

Preventing pound pileup

Health and Wellness Center explains how to prevent holiday weight gain

By Staff Sgt. Jason Lake
18th Wing Public Affairs

According to national statistics, the average American gains approximately seven pounds between Thanksgiving and New Year's Day.

What can you do to prevent this from happening?

Tech. Sgt. Hank Vanderwal, a diet therapist at Kadena's Health and Wellness Center suggests the following 10 tips to avoid gaining weight:

1. Be aware of what you are eating and limit the amount of unhealthy foods you eat. The best way to prevent weight gain is by taking a preventative approach.

2. Avoid pigging out when eating out. Restaurant food tends to be saturated with calories.

3. Eat a well balanced, nutritious breakfast to start off the day and eat regular meals throughout the day. Don't wait to eat your first meal at a dining function.

4. Increase physical activity. This may be as simple as walking 10,000 steps per day. Parking away from a building, taking the stairs instead of using an elevator, or walking the family pet are some ways to get in a few extra steps.

5. Lose weight sensibly. Aim to lose approximately two pounds per week to avoid stress on the body. Drastic dietary and lifestyle changes have a higher failure rate over the long term.

6. Eat more fruits and vegetables. When craving something sweet, pick up an apple or orange instead of a candy bar. Choose the more nutritious foods over high-fat, high-calorie foods.

7. Chew food for longer periods of time. Experts say it takes 20 minutes of chew-

A few extra steps...

People interested in burning off a few calories by participating in the 2006 Okinawa Marathon Feb. 26 can pick up an application at the Risner Fitness Center. Applications are due by Dec 28.

ing for the stomach to signal the brain that it's full.

8. Minimize television watching and other sedentary activities.

9. If you are pondering the thought of starting a diet program right now, reconsider whether this is the right time to start. A great compromise is to maintain your present weight throughout the holidays. If successful, you will be more satisfied while still enjoying the season and preparing to lose the extra inches after the new year.

10. Drink one or two glasses of water before eating a meal. This is to help reduce the amount of food eaten.

If taking a preventative approach to weight management doesn't work out, there are ways to get rid of excess body weight.

The Risner Fitness Center offers more than 115 pieces of cardio and free weight equipment, as well as dozens of classes, to help burn off calories. The HAWC also offers weight loss information. Spouses at home with children can also take advantage of programs such as Risner's Family Fitness Room, which allows spouses to work out and watch their children at the same time. Call the Risner Fitness Center at 634-5128 for more information.

Kadena finishes tourney undefeated



Courtesy photo by Bonnie Varner

Andrew Darrow, right, a Kadena Falcons player, makes a steal from a Futenma opponent during a soccer tournament championship game at Camp Schwab last weekend. The Falcons came out on top 3-1 winning the nine-team tournament undefeated.